

Oral Health Fact Sheet

Bureau of Oral Health Services
Ohio Department of Health
Division of Family and
Community Health Services
246 N. High St.
Columbus, Ohio 43215
(614) 466-4180

Food Facts for Healthy Teeth

Choose healthy foods that are good for your body!
Good eating habits formed at an early age continue through out life.

Eating foods that stick to the teeth
and have a lot of sugar (e.g., caramel,
candy, sweetened cereal, candy bar)
can lead to cavities.

The number of cavities you get
depends on:

- **how many** times you eat each day.
- **how long** the food is in the mouth.
- **how sticky** the food is.



Best Bites!

- Raw fruits and vegetables*
- Pizza
- Nuts*, pretzels, bread sticks, popcorn*
- Finger sandwiches with spreads like egg salad, peanut butter or tuna salad
- Bagels or pita bread
- Graham or whole grain crackers
- Meat and cheese slices
- Yogurt, applesauce or fruit cups
- Milk-low fat or skim for children over 2 years
- Unsweetened fruit or vegetable juice



*Snacks not for children under age four because of choking

Limit the cavity makers in your diet

	Serving Size	Sugar Content
Chocolate cake with icing	Small piece	15 tsp.
Cherry Coca-Cola	1 can (12 oz)	10½ tsp.
Candy bar	1	7 tsp.
Chocolate milk	8 oz	6½ tsp.
Lollipop	2 in. diameter	6½ tsp.
Highly sweetened cereal (e.g., Captain Crunch)	¾ cup	3 tsp.
Chocolate chip cookie	1	4 tsp.
Frosted pop tart	1 pastry	4½ tsp.
Fruit snacks/roll-ups	1 pouch	2¾ tsp.
Granola bar	1	2 tsp.